

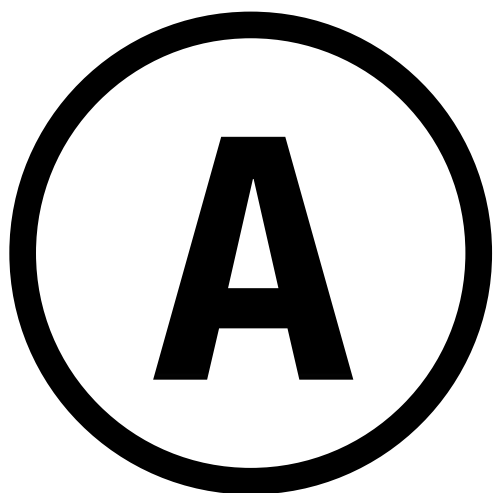
STRETCH

stretch your body before and after playing



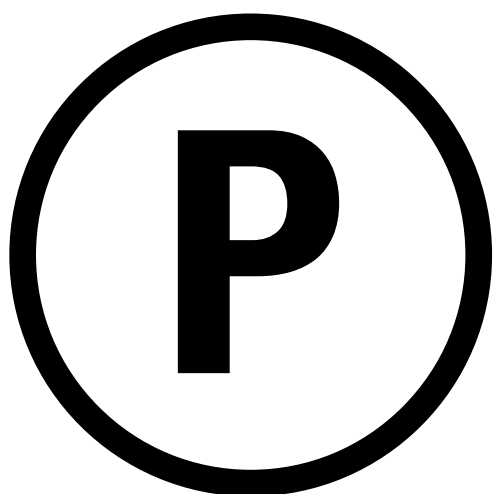
WIGGLE

wiggle your mallets before you start playing



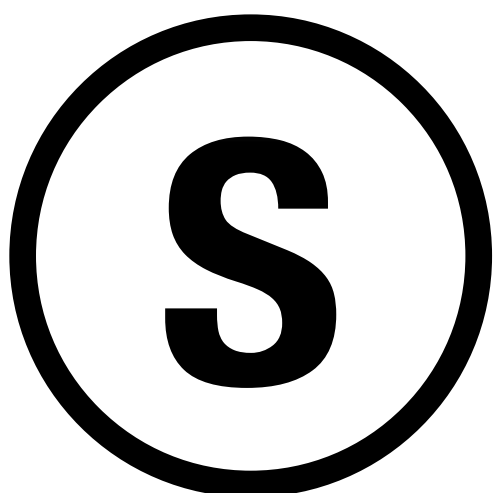
ABSORB

absorb shock by using tapes or grips



PROTECT

protect your fingers with bandages or protectors



SLOW DOWN

slow down and take a breath

HOW TO REDUCE PAIN ON MARIMBA

FROM THE STUDIO EP. 60